

AUGUST 2016 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1 AM: Kiwi and Honeydew PM: Fiber One Lemon Bars	2 AM: Carrot Sticks PM: Frozen Pineapple Chunks	3 AM: Cauliflower Popcorn PM: Apple Cheerio and Dried Fruit Mix	4 AM: Yellow Squash Wedges with Low Fat Ranch Dressing PM: Fiber One Granola Bar	5 AM: Fruit & Kix Snack Mix PM: Miss Tina's Choice
8 AM: Vanilla Yogurt with Mango PM: Ants on a Log	9 AM: Papaya PM: Turkey and Cucumber Sticks	10 AM: Fresh Snap Peas and Hummus for Dipping PM: Sweet Potatoes, Apples, Craisins and Cinnamon Bake	11 AM: Nutri-Grain Mixed Berry Breakfast Bars PM: Frozen Nutty Banana Bites	12 AM: Apples and Almond Butter PM: Miss Tina's Choice
15 AM: Strawberries PM: Whole Wheat Bagels Pizza with tomato sauce and 2% Cheddar Cheese Melted on it	16 AM: Reduced Fat Whole Grain Triscuit's with Reduced Fat Swiss Cheese PM: Apple Lady Bugs (Apple Halves and Raisins)	17 AM: Baked Tortilla Chips and Salsa PM: Frozen Yogurt Dipped Kiwi and Honeydew	18 AM: Lemon Mint Smoothie PM: Rice Cakes with Peanut Butter and Dried Fruit	19 AM: Mandarin Oranges PM: Miss Tina's Choice
22 AM: Frozen Bananas Dipped in Orange Juice PM: Fiber One Fudge Bars	23 AM: Cantaloupe PM: Whole Wheat Bagels with Cream Cheese and Cucumber	24 AM: Cinnamon Raisin Bread PM: Fish in a Pond	25 AM: Turkey Rollers PM: Sweet Potato Fries	26 AM: Fruit and Nut Salad PM: Miss Tina's Choice
29 AM: Watermelon Slices PM: Frozen Blueberries and Vanilla Yogurt	30 AM: Hard Boiled Eggs PM: Apple Rice Cakes with Nutella	31 AM: Tropical Smoothie PM: Toasted Whole wheat English Muffin with Jelly		

*All fruits and vegetables are fresh. Any grain will be whole wheat or multi-grain. All milk based products such as cheeses are 2%. All meats should be lean cut and low sodium. Any dip will be low fat or fat free. **All meals and snacks served at First Light are made in facilities that prepare food items containing eggs, milk, peanuts, tree nuts, wheat, soy, fish and shellfish.